

## Claims:

1. A composition for weight reduction, comprising a water-soluble chitosan having a molecular weight of between 2,000 Da and 20,000 Da and a Hibiscus extract.
2. The composition of claim 1, further comprising L-carnitine.
3. The composition of claim 2, wherein the composition comprises 30 to 70% by weight of chitosan, 15 to 50% by weight of a Hibiscus extract, and 15 to 50% by weight of L-carnitine.
4. The composition of claim 3, wherein the composition comprises 53% by weight of chitosan, 18% by weight of a Hibiscus extract, and 29% by weight of L-carnitine.
5. A method of inducing weight reduction in a subject comprising administering to said subject a composition comprising a water-soluble chitosan having a molecular weight of between 2,000 Da and 20,000 Da and a Hibiscus extract in an amount sufficient to produce a reduction in weight of the subject.
6. The method of claim 5, wherein the composition further comprises L-carnitine.
7. The method of claim 6, wherein the composition comprises 30 to 70% by weight of chitosan, 15 to 50% by weight of a Hibiscus extract, and 15 to 50% by weight of L-carnitine.
8. The method of claim 7, wherein the composition comprises 53% by weight of chitosan, 18% by weight of a Hibiscus extract, and 29% by weight of L-carnitine.